

Serve up delicious heart-healthy meals with these recipes

The following recipes are from “Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute”

Find more recipes at www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/index.htm

“Delicious Heart-Healthy Latino Recipes from the National Heart, Lung, and Blood Institute” Offers Latino recipes in Spanish and English. www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

Red Hot Fusilli (*National Heart, Lung, and Blood Institute, Keep the Beat: Heart Healthy Recipes*)

1 Tbsp olive oil
2 cloves garlic, minced
1/4 C fresh parsley, minced
4 C ripe tomatoes, chopped
1 Tbsp fresh basil, chopped (or 1 tsp dried)
1 Tbsp oregano leaves, crushed (or 1 tsp dried)
1/4 tsp salt to taste ground red pepper or cayenne
8 oz uncooked fusilli pasta
(4 C cooked)

1/2 lb (optional) cooked chicken breasts, diced into 1/2-inch pieces (3/4 lb if raw)

1. Heat oil in medium saucepan. Sauté garlic and parsley until golden.
 2. Add tomatoes and spices. Cook uncovered over low heat for 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
 3. Cook pasta in unsalted water until firm.
 4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley.
- Serve hot as a main dish and cold for next day's lunch.

Yield: 4 servings

Serving Size: 1 cup

Each serving provides:

Calories: 293
Total fat: 5 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 168 mg
Total fiber: 4 g
Protein: 9 g
Carbohydrates: 54 g
Potassium: 489 mg

Each serving with chicken provides:

Calories: 391
Total fat: 8 g
Saturated fat: 1 g
Cholesterol: 48 mg
Sodium: 211 mg
Total fiber: 4 g
Protein: 27 g
Carbohydrates: 54 g
Potassium: 629 mg

Recipe 2:**Garlic Mashed Potatoes** (*National Heart, Lung, and Blood Institute, Keep the Beat: Heart Healthy Recipes*)

2 (1 lb) large potatoes, peeled, quartered

2 C skim milk

2 cloves garlic, large, chopped

1/2 tsp white pepper

To use saucepan:

1. Cook potatoes, covered, in small amount of boiling water for 20–25 minutes or until tender. Remove from heat. Drain and recover.

2. Meanwhile, in small saucepan over low heat, cook garlic in milk until soft (about 30 minutes).

3. Add milk-garlic mixture and white pepper to potatoes. Beat with electric mixer on low speed, or mash with potato masher, until smooth.

To use microwave:

1. Scrub potatoes, pat dry, and prick with fork.

2. On plate, cook potatoes uncovered on 100 percent (high) power until tender (about 12 minutes), turning over once.

3. Let stand 5 minutes, then peel and quarter.

4. Meanwhile, in 4-cup measuring glass, combine milk and garlic. Cook, uncovered, on 50 percent (medium) power until garlic is soft (about 4 minutes).

5. Continue as directed above.

Yield: 4 servings

Serving size: 3/4 cup

Each serving provides:

Calories: 142

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 2 mg

Sodium: 69 mg

Total fiber: 2 g

Protein: 6 g

Carbohydrates: 29 g

Potassium: 577 mg

Recipe 3:**Wonderful Stuffed Potatoes** (*National Heart, Lung, and Blood Institute, Keep the Beat: Heart Healthy Recipes*)

4 medium baking potatoes

3/4 C lowfat (1%) cottage cheese

1/4 C lowfat (1%) milk

2 Tbsp soft margarine

1 tsp dill weed

3/4 tsp herb seasoning

4-6 drops hot pepper sauce

2 tsp Parmesan cheese, grated

1. Prick potatoes with fork. Bake at 425 °F for 60 minutes or until fork is easily inserted.

2. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl.

3. By hand, mix in remaining ingredients, except Parmesan cheese. Spoon mixture into potato shells.
4. Sprinkle each top with 1/4 teaspoon Parmesan cheese.
5. Place on baking sheet and return to oven. Bake for 15–20 minutes or until tops are golden brown.

Yield: 8 servings

Serving size: 1/2 potato

Each serving provides:

Calories: 113

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 1 mg

Sodium: 151 mg

Total fiber: 2 g

Protein: 5 g

Carbohydrates: 17 g

Potassium: 293 mg

Recipe 4:

Mock-Southern Sweet Potato Pie (*National Heart, Lung, and Blood Institute, Keep the Beat: Heart Healthy Recipes*)

FOR CRUST

1 1/4 C flour

1/4 tsp sugar

1/3 C skim milk

2 Tbsp vegetable oil

FOR FILLING

1/4 C white sugar

1/4 C brown sugar

1/2 tsp salt

1/4 tsp nutmeg

3 large eggs, beaten

1/4 C canned evaporated skim milk

1 tsp vanilla extract

3 C sweet potatoes, cooked, mashed

Yield: 16 servings

Serving size: 1 slice

Each serving provides:

Calories: 147

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 40 mg

Sodium: 98 mg

Total fiber: 2 g

Protein: 4 g

Carbohydrates: 27 g

Potassium: 293 mg

1. Preheat oven to 350 °F.

To prepare crust:

2. Combine flour and sugar in bowl.

3. Add milk and oil to flour mixture.

4. Stir with fork until well mixed. Then form pastry into smooth ball with your hands.

5. Roll ball between two, 12-inch squares of waxed paper, using short, brisk strokes, until pastry reaches edge of paper.

6. Peel off top paper and invert crust into 9-inch pie plate.

To prepare filling:

7. Combine sugars, salt, nutmeg, and eggs.

8. Add milk and vanilla. Stir.

9. Add sweet potatoes and mix well.

Putting it together:

10. Pour mixture into pie shell.

11. Bake for 60 minutes or until crust is golden brown.

Cool and cut into 16 slices.

Recipe 5:

Banana Mousse (*National Heart, Lung, and Blood Institute, Keep the Beat: Heart Healthy Recipes*)

2 Tbsp lowfat milk

4 tsp sugar

1 tsp vanilla

1 medium banana, cut in quarters

1 C plain lowfat yogurt

8 slices (1/4 inch each) banana

1. Place milk, sugar, vanilla, and banana in blender. Process for 15 seconds at high speed until smooth.

2. Pour mixture into small bowl and fold in yogurt. Chill.

3. Spoon into four dessert dishes and garnish each with two banana slices just before serving.

Yield: 4 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 94

Total fat: 1 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 47 mg

Total fiber: 1 g

Protein: 1 g

Carbohydrates: 18 g

Potassium: 297 mg

Recipe 6:

Tropical Fruit Compote (*National Heart, Lung, and Blood Institute, Keep the Beat: Heart Healthy Recipes*)

3/4 C water

1/2 C sugar

2 tsp fresh lemon juice

1 piece lemon peel

1/2 tsp rum or vanilla extract (optional)

1 pineapple, cored, peeled, cut into 8 slices

2 mangos, peeled, pitted, cut into 8 pieces

3 bananas, peeled, cut into 8 diagonal pieces to taste fresh mint leaves (optional)

1. In saucepan, combine 3/4 cup of water with sugar, lemon juice, and lemon peel (and rum or vanilla extract, if desired). Bring to boil, then reduce heat and add fruit. Cook at very low heat for 5 minutes.

2. Pour off syrup into cup.

3. Remove lemon rind from saucepan, and cool cooked fruit for 2 hours.

4. To serve, arrange fruit in serving dish and pour a few teaspoons of

Yield: 8 servings

Serving size: 1 cup

Each serving provides:

Calories: 148

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 3 mg

Total fiber: 3 g

Protein: 1 g

Carbohydrates: 38 g

Potassium: 310 mg

Recipe 7:

Rainbow Fruit Salad (*National Heart, Lung, and Blood Institute, Keep the Beat: Heart Healthy Recipes*)

FOR FRUIT SALAD

1 large mango, peeled, diced

2 C fresh blueberries

2 bananas, sliced

2 C fresh strawberries, halved

2 C seedless grapes

2 nectarines, unpeeled, sliced

1 kiwi fruit, peeled, sliced

FOR HONEY-ORANGE SAUCE

1/3 C unsweetened orange juice

2 Tbsp lemon juice

1 1/2 Tbsp honey

1/4 tsp ground ginger dash nutmeg

1. Prepare the fruit.

2. Combine all ingredients for sauce and mix.

3. Just before serving, pour honey-orange sauce over fruit.

Yield: 12 servings

Serving Size: 4-oz cup

Each serving provides:

Calories: 96

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 4 mg

Total fiber: 3 g

Protein: 1 g

Carbohydrates: 24 g

Potassium: 302 mg

The following recipe comes from the American Heart Association “Delicious Decisions Cookbook”
www.deliciousdecisions.org/

DEEP-DISH FRUIT PIE (*American Heart Association: Delicious Decisions Cookbook*)

Serves 8

6 cups fresh or frozen fruit (cherries, blueberries, peaches, raspberries, apples, apricots)

1/3 to 1/2 cup all-purpose flour (depends on juiciness of fruit)

1/2 cup sugar

1/3 tablespoons lemon rind

TOPPING

1/2 cup all-purpose flour

1/2 cup firmly packed brown sugar

2 tablespoons acceptable margarine, melted

1/4 teaspoon mace

1/4 teaspoon allspice

1/8 teaspoon nutmeg

Preheat oven to 375 F.

1. In a small bowl, combine fruit, flour, sugar and lemon rind. Stir to mix well. Pour into a deep-dish pie plate that is 9 inches in diameter. Set aside.
2. In a small bowl, combine topping ingredients and mix well until evenly blended. Sprinkle over top of fruit. Bake 45 minutes.

Calories: 255

Protein: 3 g

Carbohydrates: 55 g

Total Fat: 4 g

Saturated Fat: 1 g

Polyunsaturated Fat: 1 g

Monounsaturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 38 mg

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